

General Care of Your Wound Post Operative Minor Surgery

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترسی‌پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Southport & Formby Hospital
Town Lane, Kew,
Southport, Merseyside,
PR8 6PN
Telephone: 0151 426 1600

Ormskirk Hospital Dicconson Way,
Wigan Road,
Ormskirk, Lancashire, L39 2AZ
Telephone: 01695 577 111

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Information Following Procedures

Name:

Dob:

Date of Procedure:

Procedure	Site	No of Sutures	Dressing Applied

Please contact your local treatment room to make an appointment on:

for your sutures to be removed.

You should take this leaflet with you.

Details of local treatment rooms are at the end of this leaflet.

Special Instructions

Any Condition Specific Danger Signals To Look Out For:

Contact Information If You Are Worried About Your Condition

Your own GP –

Adult A&E Department – 01704 704131

Paediatric A&E Department – 01695 656358

Other Useful Telephone Numbers/Contacts:

NHS 111

Stop Smoking Helpline (Sefton) - 0300 100 1000

Stop Smoking Helpline (West Lancashire) - 0800 328 6297

Other Problems

If you are worried about anything this leaflet does not cover, either:-

- Ask your own doctor or practice nurse

Or

- Telephone the Adult Accident & Emergency Department on 01704 704131

Or

- Telephone the Paediatric Accident & Emergency Department on 01695 656358
Where a qualified nurse will be able to advise you what to do

Or

Telephone the NHS 111 Service

Care Of Your Wound Following Your Procedure

- Unless advised otherwise, you may bathe or shower as usual as long as a waterproof dressing has been applied.
- If your wound gets wet, be sure to carefully pat it dry with a clean towel.
- If you have a pressure dressing in place, this can be removed after 24 hours. You will find another dressing underneath which should be left on until the sutures have been removed.
- Check dressings to fingers or toes to ensure they do not become too tight. If you are concerned, please contact your local health centre or the Walk-In Centre for advice.
- If you need regular dressings, we will arrange this with you at a local treatment centre.

Possible After Effects Of Your Minor Surgery

- **Pain** - it is normal to experience some discomfort after minor surgery. Simple pain killers such as Paracetamol, should be adequate to control this. Please do not take more than 8 500mg tablets in any 24hr period. You should be aware of possible interactions with any other pain relief that you routinely take. We do not recommend that you take Aspirin based pain killers with the exception of those prescribed to reduce the risk of a stroke or heart attack, as these may increase the risk of bleeding.
- **Bleeding** – Do not worry if the wound bleeds slightly when you get home. Press firmly on the area for 5-10 minutes and elevate the area if possible. If bleeding is excessive or persists, contact your local health centre, the Walk-In Centre, or attend A&E in extreme cases.
- **Swelling** – For wounds on the arm or leg, try to elevate the limb as much as possible for 24-48 hours to minimise swelling. If swelling persists, please contact your local health centre, the Walk-In Centre, or attend A&E in extreme cases.
- **Bruising** – Some bruising can be expected around the wound area, especially if the wound is on the head or face.
- **Biopsy Results** – Following your minor surgery procedure today, we will arrange for you to receive your results via your GP within 4 weeks.

Local Treatment Room Contact Details

(For removal of stitches or changes of dressings)

Sefton	
Ainsdale Centre for Health & Wellbeing	01704 387230
Southport Centre for Health & Wellbeing (Houghton St)	01704 387220
Churchtown Medical Centre	01704 387200
Formby Clinic (Philips Lane)	01704 387210
West Lancashire	
Sandy Lane	01695 727186
Ashurst & Hillside	01695 588480
Birleywood	01695 724301
Hants Lane	01695 588340
Burscough	01695 588440
Burscough & Parbold	01772 777741
Tarleton	01772 777741
Maghull District Nurses	0151 531 8118
Whiston Liaison (Kirby)	0151 244 3532
Knowsley (GP patients only)	0151 290 2030